

Nutrition and Life Style in Cancer Survivors

Archana Chaudhary
Associate Professor,
Deptt.of Home Science,
J.D.V.M.P.G. College,
Kanpur

Abstract

Healthy diet and life style habits can improve the quality of life for cancer survivors. Eating the right kinds of foods before, during and after cancer treatment can help the patient feel includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat & water) the body needs. Some cancer treatments are more effective in the patient is well nourished and getting enough calories and protein in the diet. People who eat well during cancer treatment may even be able to handle higher doses of certain treatments. Education programs can help cancer survivors learn how to make behaviour changes that keep them healthier programs that cover diet, exercise and stress management are more likely to help cancer survivors make lasting changes.

1. Most of us know that fruits, veggies and whole grains are important part of a healthy diet.
2. Start eating healthy before treatment starts
3. Eat extra protein & calories.
4. Avoid alcohol
5. Limit the use of salty foods
6. Phytonutriens and antioxidants.
7. Talk with a dietician
8. Avoid food and drink that are high in sugar
9. Lot of liquids

Keywords: Cancer, Food, Health, Nutrition.

Introduction

Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of body not all tumors are cancerous, benign tumors do not spread to other parts of the body. Cancer also called malignancy is an abnormal growth of cells. There are more than 100 types of cancer including breast cancer, skin cancer, lung cancer, colon cancer, prostate cancer and lymphoma.

Certain food can help ease the common discomforts from cancer treatments conquer constitution by drinking water and eating high fiber foods like beans, lentils, vegetables and fresh or dried fruits. Drive away diarrhea with bland foods such as rice banana and apples. The lifestyle you develop and the daily habits you practice may also have a significant impact on your cancer risk. There are some simple steps you can take today to help keep illness at bay, starting with staying physically active every day. Regular exercise can help you achieve and maintain a healthy weight, which strengthens your body's immunities and defenses. That's important not only to disease prevention, but also for those who have already been diagnosed with cancer and need to stay strong for the fight ahead. If you're not used to being active every day, consider taking small steps that may help you start an exercise plan, and if you've been diagnosed with cancer, make sure you consult your doctor before beginning any exercise regimen.

Many people mistakenly believe that cancer is largely a hereditary disease, as if fate and the family gene pool alone dictate your chances of getting sick. The truth, though, is that only about 5 to 10 percent of all cancers develop from gene mutations passed down from one generation to the next, according to the American Cancer Society. That means that for the other 90 to 95 percent of cancers, the lifestyle choices you make, the foods you eat and the amount of exercise you incorporate into your daily life can have an important impact on your overall risk. That's why prevention and awareness have become vital tools in the fight to end cancer, and they start with knowing how to nourish your body and how to develop healthy habits with lasting benefits.

On the rare occasions when we allow ourselves to think about cancer and our risk in developing it, most of us resign ourselves to it being an inevitable consequence of genes and some habits such as smoking. However, few of us take heed of the fact that a large proportion of cancers are entirely preventable by appropriate food, nutrition, physical activity and body fat. In fact up to 67% of cancers of the mouth and throat cancers, 75% of esophageal (gullet) cancers, and 40-45% of cancers of the stomach, pancreas, colon, large bowel, and breast, 20% of cancers of prostate, liver and kidney cancers and 56% of cancers of womb are preventable by good nutrition and regular physical activity.

A healthy diet is essential to cancer prevention, especially a regimen focused on making nutritious choices, favoring organic foods, eating in moderation and preparing foods properly. It's all about balance, moderation and variety. By eating the right foods, consuming a wide spectrum of nutrients and not consuming more than your body requires, you can help reduce your risk of cancer and other diseases. Because everyone is unique, deciding how to improve your diet to prevent disease or, even to strengthen your body to fight cancer, is an individual experience. Proper and adequate nourishment will help the body be strong so that it can cope with the side effects, which may occur as the treatment progresses. Cancer weakens one's immune system. A healthy diet enables the cancer patient to strengthen the body's defenses and fight back infections. A healthy diet will also hasten healing of the body tissues that may be damaged during the course of the disease and its treatment.

Healthy eating starts with a diet rich in vegetables, fruit and fiber, one that also includes as little saturated and trans fat, salt and sugar as possible. It also means limiting processed foods that contain chemicals and additives that may contribute to the risk of developing cancer. Such foods may come packed with hidden fat, calories, sugar and salt. When you are rushed or between meals, microwaving processed foods or grabbing unhealthy snacks on the run may become convenient options. But Lammersfeld stresses that processed foods should be limited whenever possible.

Review of Literature

Anthony J. et al (2013) Concluded that 1560 patients with Breast cancer found that intake of fruits and vegetables, whole grains, and lean sources of protein increased significantly after diagnosis, while consumption of high fat, high sugar products, red meat, coffee, some alcoholic drinks and refined grains significantly were accompanied by change in the intake of macro nutrients and a number of vitamins and minerals. Supplement use such as fish oils, multivitamin and minerals and evening primrose oil was increased after diagnosis. The people can truly alter their dietary and nutritional habits when enough motivating factors are present.

Chelsea Anderson et al 2016 evaluated the effect of a 6 month lifestyle and weight loss intervention on diet quality and selected dietary components among over weight and obese breast

cancer survivors. An average 6.4% weight loss, was successful increasing fruit and fiber consumption and in decreasing percent energy from both fat and standard fat. Through differences between intervention and usual care groups were not significant, changes in diet quality as assessed by the HEI – 2010 were in the expected direction of note intervention participates who lost more weight had grater increase in HEI score, suggested that improvements in overall diet quality were an addition benefit of the intervention among women who achieved successful weight loss.

Dibyendu et al (2015) observed that the prevalence of malnutrition was high in cancer patients during treatment. A number of epidemiological studies have provided convincing evidence that alcohol consumption is an important risk factor for the incidence and mortality of breast cancer. (Ferrari P. et al 2014 and Hamajima N. et al 2002).

R. Shankranarayan et al (1994) showed that diet has a role in lung cancer etiology, although the association is weak compared to the effect of smoking. Pumpkins and onions as the most consistently significant protective factors. Animal Protein food and dairy product were found to have a predisposing effect on lung cancer.

Preetha A et al (2008) showed that only 5-10% of all cancer cases can be attributed to genetic defects, where as the remaining 90-95% have their roots in the environment and life style. The life style factors include cigarette smoking, diet (fried foods, red meat), alcohol sun exposure environmental pollutants, infections, stress, obesity and physical in activity. The evidence indicates that of all cancer related deaths, almost 25-30% are due to tobacco, as many as 30-35% are linked to diet, about 15-20% are due to infections and the remaining percentages are due to other factor like radiation, stress physical activity, environmental pollution etc. Therefore, cancer prevention requires smoking cessation, increased ingestion, exercise, avoidance of direct exposure of sun light, minimum meat consumption use of whole grains vaccination and regular check-ups.

Shike (1996) concluded that prevalence of malnutrition depends on the tumor type, location, stage and treatment.

Weimann et al (2006) studies indicate that malnutrition and weight loss are common among 20-97% of oncologic patients.

Objectives of the Study

1. To study the healthy diet for cancer survivors
2. To study the benefits of nutrition during cancer treatment.

The World Cancer Research Fund Report Highlights 8 Key Recommendations For Cancer Prevention

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Limit consumption of energy dense foods and avoid sugary drinks.
4. Eat mostly foods of plant origin.

5. Limit Consumption of red meats and avoid processed meats.
6. Limit Alcohol. If consumed at all, limit to 2 drinks for men & 1 for women/day.
7. Limit consumption of salty foods and foods processed with salt.
8. Don't use supplements to protect against cancer.

Sometimes, depending on how your body reacts to the treatment, the doctor may ask you to eat a clear liquid, soft or a regular diet. The chart below gives examples of foods included in these diets.

First Step - Clear Liquids

1. Gelatine
2. Sports drinks
3. Juices/ coconut water
4. Clear citrus juices
5. Fruit ices
6. Popsicles
7. Strained lemonade
8. Clear, carbonated drinks
9. Weak tea
10. Clear, fat free broth
11. Bouillon
12. Water
13. Strained vegetable broth

Second Step - Easy To Digest Foods

1. Plain crackers
2. Instant hot cereal
3. Soft, angel food cake
4. All juices
5. Canned, peeled fruits and vegetables
6. Fish, skinless chicken
7. Strained blenderized, creamy soups
8. Milk, all types
9. White bread rolls
10. White rice, noodles,
11. Custard pudding
12. Plain milkshakes
13. Smooth icecream
14. Frozen yogurt
15. Smooth icecream
16. Frozen yogurt

Third Step - Regular Diet

1. All foods you eat regularly, except those that cause gas, constipation, diarrhea, etc.
2. Try to eat more frequent, but much smaller portions.
3. Eat when you are hungry, even if it is not your regular mealtime.

How Do You Achieve A Balanced Diet?

1. Choose a variety of foods from each food group. Try to eat at least five servings a day of fruits and vegetables, including citrus fruits and or juices and dark-green and yellow vegetables.
2. Eat plenty of high-fiber foods, such as whole grain breads and cereals.
3. Avoid salt-cured, smoked, and pickled foods.
4. Decrease the amount of fat in your meals by baking or broiling foods and not frying.
5. Choose low-fat milk and dairy products.
6. Avoid alcohol
7. If you've lost weight during cancer treatments and need to gain weight, include calorie-dense foods or high energy and high protein foods in the diet.

Use the NV Nutritional Adequacy tool to monitor what you are eating, and how to improve your food intake for bettering your health.

Benifites of Good Nutrion During Cancer Treatment

The nutrition needs of people with cancer very from person to person your cancer case team can help you identify your nutrition goals and plan way to help you meal them. Eating well while you're being treated for cancer might help you.

1. Feel better
2. Keep up your strength and energy
3. Maintain your weight and your body's store of nutrients
4. Better tolerate treatment-related side effects
5. Lower your risk of infections
6. Heal and recover faster

Conclusion

Cancer is presently one in every of the leading causes of morbidity and morbidity, it can be possible to treat cancer when it is detective in its early stage. A high percentage of newly detective cancer can undergo treatment successfully, therefore any symptoms which could be indicative of cancer should be paid attention to and the doctor should be consulted regularly.

References

1. Anthony J. Bazzan, Andrw B. Newberg, Willian C. Cho, and Daniel A. Monti., "Diet and Nutrition in Cancer Survivorship and Palliative Care," *Evidence Based Complementary and Alternative Medicine*, vol. 2013, Article ID 917647, P.P. 12, 2013.
2. Chelsea Anderson, Maura Harrigan, Leah M Ferruai, Melinda L. Irwin & Brenda Cartemel., "Change in Diet Quality in a Randomized Weight Loss Trail in Breast Cancer Survivors" *Department of Internal Medicine Yale Cancer Center New Hovel USA* 2016.
3. Dibyendu S., Ravi K., Ritesh T., and Soumitra N., "Evaluation of Nutritional Status of Cancer Patient During Treatment by Patient Generated Subjective Global Assessment: a Hospital- Base Study," *Asian Pac J cancer Prev*, 16 (18), 8173-8176, 2015.
4. Ferrari P, Licaj I, Muller DC., "Life Time Alcohol Use and Overall and Causes – Specific Mortality in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study," *BMJ*. 2014; 4: e005245 bmjopen-2014.
5. Hamajima N, Hirose K, Tajima K, et al. Alcohol, tobacco and breast cancer—collaborative reanalysis of individual data from 53 epidemiological studies, including 58,515 women with breast cancer and 95,067 women without the disease. *Br J Cancer*. 2002;87:1234–1245. doi: 10.1038/sj.bjc.6600596.
6. Preetha Anand, Ajaikumar B. Kunnumakara, Chitra Sundaram, Kuzhuvellil B. Hari Kumar, Sheeja T. Tharakan, Oiki S. Lai, Bokyoung Sung, Bharat B. Aggarwal "Cancer is a preventable disease that requires major lifestyle changes," *Pharmaceutical research*, 25(9), 2097-2116. DOI: 10.1007/s11095-008-9661-9, 2008.

7. R. Sankaranarayanan, Cherian Varghese, Stephen W. Duffy, G. Padmakumary, Nicholas E. Day, M. K. Nair "A case-control study of diet and lung cancer in Kerala, South India" *International Journal of Cancer*; Vol. 58, issue 5, 1994.
8. Nutrition, Life style, and cancer presentation www.breakthroughcancerresearch.ie
9. Nutrition and Diet in cancer survivors. Teuas tech university Health Science center.
10. Shiki M., "Nutrition Therapy for the cancer patients *Hematol Oncol Clin North Am*, vol. 10, pp 136 – 140, 1996.
11. Weimann A., Braga M., Harsanyi L, " ESPEN guidelines on enteral nutrition : surgery including organ transplantation," *Clin Nutri*, vol.25, PP. 224-244, 2006.
12. www.Cancercenter.com/community/newsletter/article. Reduce your cancer risk with diet and life styles changes
13. www.nutritionvista.com/cancer/nutrition-Diet-for_cancer-Patients.
14. <https://en.m.wikipedia.org/wiki/cancer>
15. www.webmd.com/cancer